

COURSE SYLLABUS



COURSE TITLE: MASS – 228 Nutrition

CLASS SECTION: Year 2 – All

TERM: Summer 2023

COURSE CREDITS: 2

DELIVERY METHOD(S): Asynchronous, Online

Camosun College campuses are located on the traditional territories of the Lək̓ʷəŋən and W̱SÁNEĆ peoples. We acknowledge their welcome and graciousness to the students who seek knowledge here.

Learn more about Camosun's [Territorial Acknowledgement](#).

For COVID-19 updates please visit <https://camosun.ca/about/covid-19-updates>.

Camosun College requires mandatory attendance for the first class meeting of each course. If you do not attend, and do not provide your instructor with a reasonable explanation in advance, you will be removed from the course and the space offered to the next waitlisted student.

INSTRUCTOR DETAILS

NAME: Leslee Watt

EMAIL: wattl@camosun.ca

OFFICE: Virtual

HOURS: Available virtually via Collaborate by request

As your course instructor, I endeavour to provide an inclusive learning environment. However, if you experience barriers to learning in this course, do not hesitate to discuss them with me. Camosun College is committed to identifying and removing institutional and social barriers that prevent access and impede success.

CALENDAR DESCRIPTION

Students will study the basics of nutrition and how it relates to overall health and wellness. Students will study basic biochemistry of carbohydrates, fats, proteins, vitamins, and minerals with a focus on the practical application of nutrition in massage therapy. Open to Massage Therapy students only.

PREREQUISITE(S): Nil

CO-REQUISITE(S): Nil

EQUIVALENCIES: Nil

COURSE LEARNING OUTCOMES / OBJECTIVES

Upon successful completion of this course students will be able to:

- Define nutrition and develop critical thinking in the field of nutrition.
- Define and describe the nutritive values of carbohydrates, lipids, proteins, vitamins, and minerals.
- Explain the role and importance of water in nutrition.
- Define and describe medical dietary considerations across a variety of conditions and stages of life.

REQUIRED MATERIALS & RECOMMENDED PREPARATION / INFORMATION

All required course materials and links will be provided in the D2L section for this course.

COURSE SCHEDULE, TOPICS, AND ASSOCIATED PREPARATION / ACTIVITY / EVALUATION

The following schedule and course components are subject to change with reasonable advance notice, as deemed appropriate by the instructor.

SECTION	OBJECTIVES/LINKS WITHIN THE SECTION
Intro and Scope of Practice	<ul style="list-style-type: none">• CMTBC-Scope of Practice• MTDC (MT Development Centre) Article• Why Nutrition is Important
Resources	<ul style="list-style-type: none">• NutritionFacts.org• Coffee Research• Example of Assignment #2 (My Food Odyssey)• The Benefits of Eating with Others• CBC Gem-Foot for Thought Documentary• Nutrition for the MT
Digestion	<ul style="list-style-type: none">• How Digestion was First Studied• Digestive System Anatomy• Absorption and Accessory Organs• Phases of Digestion
Macros, Micros, and Food Guides	<ul style="list-style-type: none">• Macros and Micronutrients, Deconstruction• Macros & Micros at the Mayo Clinic• Micronutrient Table• Canadian Food Guides• Brazil's Food Guide
Hydration, Alcohol Intake, and Satiety	<ul style="list-style-type: none">• Power Point: Eat, Drink and Be Merry?• Fiber Chart• CMTBC: Cannabis & Alcohol use in patients and MT
Gut Health and Elimination	<ul style="list-style-type: none">• Gut Health & Elimination- PowerPoint• BM Study• Constipation Explained• Squatty Potty Science• Exercise Routine for Constipation
Wound Healing, Pathologies, and Superfoods	<ul style="list-style-type: none">• PowerPoint with Assignment # 4 - instructions within
Forks Over Knives	<ul style="list-style-type: none">• Forks Over Knives Movie Link for Assignment #5
Nutrition Referrals	<ul style="list-style-type: none">• PowerPoint
BMI and Sports Nutrition	<ul style="list-style-type: none">• PowerPoint
MT288 Recipe Book	<ul style="list-style-type: none">• Submitted "Healthy Recipes" from Assignment #4 (available after June 30th)

Students registered with the Centre for Accessible Learning (CAL) who complete quizzes, tests, and exams with academic accommodations have booking procedures and deadlines with CAL where advanced noticed is required. Deadlines can be reviewed on the [CAL exams page](http://camosun.ca/services/accessible-learning/exams.html). <http://camosun.ca/services/accessible-learning/exams.html>

EVALUATION OF LEARNING

DESCRIPTION	WEIGHTING
Assignment #1 Record and Submit Food Diary – Due May 14 th , 2023, 11:59pm	10%
Assignment #2 2-3 Page Personal Food Journey Reflection – Due May 31 st , 2023, 11:50pm	10%
Assignment #3 Common Diets Research Project – Due June 14 th , 2023, 11:59pm	20%
Quiz T/F ad M/C questions based on Common Diets Project – Available Online June 15 th , Due by 11:59pm, 30 minutes	10%
Assignment #4 Submit Favorite Healthy Recipe – Due June 23 rd , 2023, 11:59pm	5%
Assignment #5 Watch a Food-related Documentary and write a 3-4 page reflection – Due July 6 th , 2023, 11:59pm	15%
Assignment #6 Submit New “Healthy Diet Plan” – Due July 27 th , 2023, 11:59pm	15%
Final Quiz T/F, M/C, Short Answer, Available Online July 31 st – August 4 th , 2023, 11:59pm *OPEN BOOK*	15%
TOTAL	100%

If you have a concern about a grade you have received for an evaluation, please come and see me as soon as possible. Refer to the [Grade Review and Appeals](http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf) policy for more information.
<http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf>

COURSE GUIDELINES & EXPECTATIONS

This is an asynchronous, self-paced course with the added responsibility of meeting specific deadlines for assignment, project, and quiz submissions. It is the student’s responsibility to stay up to date and check in often to the course platform for news and discussion.

SCHOOL OR DEPARTMENTAL INFORMATION

FINAL EXAMINATIONS: There is no final exam for this course. All course work and quizzes shall be completed before the final exam period.

MEDICAL ABSENTEE: If a student is unable to submit an assignment/project/quiz on the due date due to medical reasons, a written medical letter from a doctor stating that the student was unable to write the exam / assignment / quiz on “DATE OF EXAM / ASSIGNMENT / QUIZ” is required within 72 hours to avoid loss of

marks. GENERIC FORM LETTERS STATING THAT A STUDENT WAS “SEEN” by a doctor will not be accepted.

STUDENT RESPONSIBILITY

Enrolment at Camosun assumes that the student will become a responsible member of the College community. As such, each student will display a positive work ethic, assist in the preservation of College property, and assume responsibility for their education by researching academic requirements and policies; demonstrating courtesy and respect toward others; and respecting expectations concerning attendance, assignments, deadlines, and appointments.

SUPPORTS AND SERVICES FOR STUDENTS

Camosun College offers a number of services to help you succeed in and out of the classroom. For a detailed overview of the supports and services visit <http://camosun.ca/students/>.

Support Service	Website
Academic Advising	http://camosun.ca/advising
Accessible Learning	http://camosun.ca/accessible-learning
Counselling	http://camosun.ca/counselling
Career Services	http://camosun.ca/coop
Financial Aid and Awards	http://camosun.ca/financialaid
Help Centres (Math/English/Science)	http://camosun.ca/help-centres
Indigenous Student Support	http://camosun.ca/indigenous
International Student Support	http://camosun.ca/international/
Learning Skills	http://camosun.ca/learningskills
Library	http://camosun.ca/services/library/
Office of Student Support	http://camosun.ca/oss
Ombudsperson	http://camosun.ca/ombuds
Registration	http://camosun.ca/registration
Technology Support	http://camosun.ca/its
Writing Centre	http://camosun.ca/writing-centre

If you have a mental health concern, please contact Counselling to arrange an appointment as soon as possible. Counselling sessions are available at both campuses during business hours. If you need urgent support after-hours, please contact the Vancouver Island Crisis Line at 1-888-494-3888 or call 911.

Academic Integrity

Students are expected to comply with all College policy regarding academic integrity; which is about honest and ethical behaviour in your education journey. The following guide is designed to help you understand your responsibilities: <https://camosun.libguides.com/academicintegrity/welcome>

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.13.pdf> for Camosun's Academic Integrity policy and details for addressing and resolving matters of academic misconduct.

Academic Accommodations for Students with Disabilities

The College is committed to providing appropriate and reasonable academic accommodations to students with disabilities (i.e. physical, depression, learning, etc.). If you have a disability, the [Centre for Accessible Learning](#) (CAL) can help you document your needs, and where disability-related barriers to access in your courses exist, create an accommodation plan. By making a plan through CAL, you can ensure you have the appropriate academic accommodations you need without disclosing your diagnosis or condition to course instructors. Please visit the CAL website for contacts and to learn how to get started:

<http://camosun.ca/services/accessible-learning/>

Academic Progress

Please visit https://www.camosun.ca/sites/default/files/2021-05/e-1.1_0.pdf for further details on how Camosun College monitors students' academic progress and what steps can be taken if a student is at risk of not meeting the College's academic progress standards.

Course Withdrawals Policy

Please visit <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.2.pdf> for further details about course withdrawals. For deadline for fees, course drop dates, and tuition refund, please visit <http://camosun.ca/learn/fees/#deadlines>.

Grading Policy

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.5.pdf> for further details about grading.

Grade Review and Appeals

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf> for policy relating to requests for review and appeal of grades.

Mandatory Attendance for First Class Meeting of Each Course

Camosun College requires mandatory attendance for the first class meeting of each course. If you do not attend, and do not provide your instructor with a reasonable reason in advance, you will be removed from the course and the space offered to the next waitlisted student. For more information, please see the "Attendance" section under "Registration Policies and Procedures" (<https://camosun.ca/registration-records/policies-and-procedures-students/registration-policies-students>) and the Grading Policy at <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.5.pdf>.

Medical / Compassionate Withdrawals

Students who are incapacitated and unable to complete or succeed in their studies by virtue of serious and demonstrated exceptional circumstances may be eligible for a medical/compassionate withdrawal. Please visit <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.8.pdf> to learn more about the process involved in a medical/compassionate withdrawal.

Sexual Violence and Misconduct

Camosun is committed to creating a campus culture of safety, respect, and consent. Camosun's Office of Student Support is responsible for offering support to students impacted by sexual violence. Regardless of when or where the sexual violence or misconduct occurred, students can access support at Camosun. The Office of Student Support will make sure students have a safe and private place to talk and will help them understand what supports are available and their options for next steps. The Office of Student Support respects a student's right to choose what is right for them. For more information see Camosun's Sexualized Violence and Misconduct Policy: <http://www.camosun.ca/sites/default/files/2021-05/e-2.9.pdf> and camosun.ca/sexual-violence. To contact the Office of Student Support: oss@camosun.ca or by phone: 250-370-3046 or 250-370-3841

Student Misconduct (Non-Academic)

Camosun College is committed to building the academic competency of all students, seeks to empower students to become agents of their own learning, and promotes academic belonging for everyone. Camosun also expects that all students to conduct themselves in a manner that contributes to a positive, supportive, and safe learning environment. Please review Camosun College's Student Misconduct Policy at <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.5.pdf> to understand the College's expectations of academic integrity and student behavioural conduct.

Looking for other policies?

The full suite of College policies and directives can be found here: <https://camosun.ca/about/camosun-college-policies-and-directives>

Changes to this Syllabus: Every effort has been made to ensure that information in this syllabus is accurate at the time of publication. The College reserves the right to change courses if it becomes necessary so that course content remains relevant. In such cases, the instructor will give the students clear and timely notice of the changes.